



Outside Food and Beverage Guidelines

Thank you for selecting the American Heart Association and the Halle Heart Children's Museum for your upcoming event. We are thrilled to provide you with a wonderful heart-healthy environment. In light of our mission to reduce heart-disease and stroke, we have put together some guidelines for you when making food and beverage choices for your event.

Outside food and beverages are allowed, however when making your selections, please consider items that are low in fat, sugar and sodium for your group.

Some great suggestions are:

AHA healthier food options guidelines

Breakfast

- Fresh fruit; fruit juice
- Whole-grain toast/bagels with honey, jam, reduced-fat cream cheese
- Whole-grain cereals with fat-free milk (but watch out for high-fat granolas!)
- Fat-free or low-fat yogurt
- Omelet or scrambled eggs using egg substitute or egg whites
- Lean ham or Canadian bacon (low sodium)
- Low-fat, low sodium cottage cheese
- Hot cereals such as oatmeal, grits, cream of wheat or cream of rice



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Lub Dub!

Low-fat/low-calorie condiments – mustard, chutney, relish, light mayonnaise, fat-free dressings, oil-based dressings, salsa, ketchup, light (low sodium) soy sauce, horseradish, Tabasco

Lunch/Dinner

- Fresh vegetable choices, cold or hot
- Salads made with low fat dressings not mayonnaise based
- Sandwiches with whole-grain, high-fiber breads and lean meats (chicken, turkey, tuna, lean ham or roast beef)
- Vegetarian choices that are not cream-based
- Broiled, baked lean meats (not fried)
- Pasta served with tomato-based, non-cream sauces or olive oil
- Rice, potatoes prepared without frying or addition of cream or gravy
- Box lunch sides: salads, baby carrots or fruit in place of chips, cookies/pastries

Low-fat/low-calorie condiments – mustard, chutney, relish, light mayonnaise, fat-free dressings, oil-based dressings, salsa, ketchup, light (low sodium) soy sauce, horseradish, Tabasco

Desserts/Afternoon Snack

- Fresh fruit; dried fruit
- Angel food cake
- Gingersnaps
- Unsalted or lightly salted nuts and/or seeds in individual serving packets
- Popcorn—low salt and butter
- Low-fat cereal bars
- 100-calorie snack packs



AHA healthier beverages options guidelines

Water—Including carbonated water, with no added caloric sweeteners • Provide access to free, safe drinking water wherever beverages are served and/or sold

Juice—0-to 8-ounce portion of 100% fruit or vegetable juice or fruit juice combined with water, with no added caloric sweeteners, and no more than 140 mg of sodium per portion

Milk—Low-fat and nonfat milk and soy beverages (calcium and vitamin D fortified) with no more than 130 calories per 8 ounces in no more than 12-ounce portions

Other beverages—Low-to-mid-calorie beverages with no more than 40 calories per container • Pre-packaged coffee or tea beverages with no more than 40 calories per container; if coffee or tea beverages prepared on site contain milk (e.g. cappuccino, latte, chai), the milk must be low-fat or nonfat with no added caloric sweeteners in no more than 12-ounce portions



Lub Dub encourages all of our visitors to make heart-healthy choices! Get creative and share your recipes with your attendees. Visit www.heart.org/simplecookingwithheart for great ideas!